



**O.P. Jindal Global University**  
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**Jindal School of  
Liberal Arts & Humanities**  
*India's First Transnational Humanities School*

# Jindal School of Liberal Arts & Humanities (JSLH)

cordially invites you to

## Public Lecture

on

# Emotional Intelligence in the Workplace

by



## Lisa Bellinghausen

PhD in Psychology (Paris Descartes), Lisa is an experienced lecturer, trainer and coach since more than ten years. She supports hundreds of managers and company directors, helping them to "realign emotionally" to enable them to (re)find a balance between professional and personal life and increase their performance at work.

Lisa supports companies in the areas of psycho-social risk management, emotional skill development and well-being. She is also a teacher and researcher on emotional intelligence and its development at emlyon business school. Together with her colleague Dr. Christophe Haag she created a test to profile manager's and CEO's emotional intelligence (QEPro - <https://www.qe-pro.com/>). Today she also trains psychologists, coaches and HRs to use this test and the qe-pro approach for emotional development for their clients.

### Pitch conference

Emotional intelligence refers to the ability to adapt and to cope with emotional events. Different approaches do co-exist today. The QEPro approach is a competency-based model. It is based on the idea of brain plasticity: you can start developing your emotional skills at any time to become an expert and gain in emotional agility.

We define emotional intelligence as the ability to identify emotions and to use them in different situations as a resource. In our model we integrate seven core emotional abilities organised in two larger dimensions. We tested the psychometric qualities of the model as well as its clinical impact.

The intervention is intended to share the rich content of our approach and to provide practical exercises: e.g. emotional check up and alignment.

QEPro approach is used in the field of personal development, management and coaching for individuals and groups or recruitment and assessment. Our aim: provide guidelines and good practices to develop individual and collective health, well-being and performance through emotional intelligence.

In the conference we will first define emotional intelligence and discover the seven core abilities than. We will experience some exercise to develop emotional intelligence in daily life.

**Monday, 18 February 2019 | 6:00 pm – 8:00 pm**  
**Venue: Classroom No. 19, O.P. Jindal Global University (JGU)**  
**Sonipat- Narela Road, Sonipat (Haryana), PIN -131001**

**Faculty Co-ordinator: Mariya Jilinskaya-Pandey, Assistant Professor, JSLH, [mjpandey@jgu.edu.in](mailto:mjpandey@jgu.edu.in)**